



# HEALTHY EATING WEEK

## Sugar, what is it good for?

There are different types of sugars and many are found naturally in foods, such as fructose in fruit, lactose in milk, or glucose in honey. When they're in foods naturally they are not so bad for us but when we add sugar to other food to make them sweeter, that's when the trouble starts. We call these added sugars, 'free sugars' and we should keep the amount we eat down to a minimum.

Free sugars are any sugars added to food or drinks. These include sugars in biscuits, chocolate, flavoured yoghurts, breakfast cereals and fizzy drinks. These sugars may be added at home, or by a chef or other food manufacturer.



### Why are free sugars bad for us?

- They don't have any vitamins or minerals in them
- They are high in calories, which can make us overweight
- Too many can lead to diseases like liver disease and diabetes
- It can raise cholesterol and lead to heart attacks
- They can lead to tooth decay

### How much sugar should we be eating?

- Children aged 4 to 6 should have no more than 19g of free sugars a day (five sugar cubes).
- Children aged 7 to 10 should have no more than 24g of free sugars a day (six sugar cubes).
- Adults should have no more than 30g of free sugars a day, (roughly equivalent to 7 sugar cubes).
- For example, a can of cola can have as much as nine cubes of sugar – more than the recommended daily limit for adults.

